

## Keep It Simple

The following tips will make it simple for you to eat and live well:

- 1) Make a commitment.
- 2) Use a mantra – empowering words that inspire you such as -"I want to live to be hundred without disease, look good, honor my god or spirit."
- 3) Visualize the result daily: Make a mental picture of how you want to look and feel.
- 4) Educate yourself and participate in your healthcare.
- 5) Motivate yourself with a friend or a small group of friends who are also committed to a healthy lifestyle.
- 6) Keep a food journal for at least three to six months, until your new healthy ways are a habit.
- 7) Think about what you are about to eat five minutes before your meal so you make more conscious choices.
- 8) Place a sign on your refrigerator, which says, "If I'm not hungry, I don't eat."
- 9) Avoid eating after 7 p.m.
- 10) Clean all of the sugary products out of your kitchen.
- 11) Have at least five sugarless snacks available for travel, work and home.
- 12) Learn to cook and teach your kids how to cook.

### **General plan:**

1. No sugary drinks, no diet drinks
2. 6 to 8 glasses of water daily
3. 30-50% less fructose
4. No more than 2-3 pieces of fruit daily
5. 50% vegetables, 25% of 100% complex carbs, 25% lean organic meat, nuts and seeds
6. Detox for two weeks
7. Exercise for 30 minutes five days a week, lift weights three days a week
8. Avoid dairy products
9. Avoid wheat if gluten sensitive

### **Rules**

- 1) If it has a label, don't eat it (or at least learn to read the label).
- 2) Avoid food in a box or package
- 3) Don't add salt
- 4) Stay away from deadly white flour and sugar products
- 5) Know the fructose content of your food-see table back of the book
- 6) Avoid any food that has high fructose corn syrup in it
- 7) Avoid all sweeteners
- 8) No diet drinks

- 9) Throw out any food with preservatives, additives, coloring or dyes or natural flavors like MSG.
- 10) Eat organic foods without hormones, pesticides and other chemicals.
- 11) Lean meat or fish should be organic-not from a pond or from concentrated animal feeding organizations.
- 12) Use only plant oils sparingly olive or coconut oil.
- 13) Increase intake of dark, green, leafy vegetables, including spinach, collard greens, turnip greens, mustard greens, vegetables that grow in the ground, cabbage, green beans, squash, cauliflower, onions, mushrooms.
- 14) Limited intake of saturated fat and primarily use mono saturated fats, olives, avocados, nuts and seeds. Eliminate animal products (meat and dairy).
- 15) Eat fruit low on the glycemic index, 2 to 3 pieces daily at most.
- 16) Limit fructose intake to around 35 grams daily.

Enjoy the following foods:

non-starchy veggies-low glycemic index foods

asparagus

bell peppers

broccoli

cauliflower

collard greens

cucumbers

green beans

kale

spinach

zucchini

Proteins:

beans

chicken

eggs

fish

lentils

nuts

seeds

turkey

Starchy foods:

beets

brown or black rice

carrots

buckwheat

corn

quinoa

sweet potatoes

turnips

winter squash

Low glycemic fruit:

apples

blackberries

blueberries

gogi berries

plums

kiwi

nectarines

peaches

raspberries

fruits with stones (seeds)

## The Secrets

Following are several secrets to a healthy diet and lifestyle that will help you along the way:

- 1) All carbohydrates are not alike. Starchy, complex carbohydrates quell hunger and turn up our internal furnace, burning calories as heat and energy. High sugar, high fat, simple carbohydrates increase hunger, food addictions and cravings.
- 2) The same starchy carbohydrates that prevent disease and premature death stop and even reverse disease.
- 3) The resistant starch in complex carbohydrates absorbs fat and cholesterol, while providing few calories and the feeling of fullness.
- 4) Refined carbohydrates reduce the "good" HDL cholesterol and increase insulin levels, triglycerides, blood pressure and fat stores-proven culprits in the development of inflammation, obesity, and diabetes and vascular disease.
- 5) Foods that promote weight loss are high in complex carbohydrates, which

- take more energy, calories, to break down. A faster metabolism and burn excess body fat.
- 6) Consumption of complex carbohydrates helps the brain produce higher levels of serotonin, which reduces your appetite and increases your feelings of well-being.
  - 7) Reducing saturated fat without reducing refined carbohydrates works against the goal to lose weight and prevent or reverse chronic disease.
  - 8) Saturated fats increase water clogging LDL cholesterol. The unsaturated fats and fish, flax seeds and plant-based oils reduce LDL cholesterol, inflammation and plaque within blood vessels.
  - 9) Trans fat offer what the Mayo Clinic calls "a cholesterol double whammy" by raising "bad" LDL-cholesterol and lowering "good" HDL-cholesterol. The greater the percentage of trans fat in a food product, the higher risk for heart attacks and strokes.
  - 10) Try to limit olive and other cooking oils while trying to lose weight, and then use them sparingly. Fish, ground flax seeds and walnuts offer the benefits of omega-3 fatty acids without all the fat of oil.

- 11) Animal protein raises cholesterol while plant protein lowers it. Meat also raises it.
- 12) To get the mental amount of protein you need each day, balance your vegetables with legumes and some nuts.
- 13) To lose weight faster, choose raw foods such as apples, carrots, bell peppers and other whole foods and vegetables eaten raw. Snacking on crunchy foods slows the rate of digestion and provides thousands of disease-fighting nutrients.
- 14) It takes 30 to 40 calories a day to maintain one pound of muscle. The more lean body mass you have, the faster your metabolism will be, and the greater number of calories you burn at rest. Do some weight training every week.
- 15) The same starchy carbohydrates that promote weight loss can prevent, stop and even reverse disease.
- 16) Eat a diet of foods containing vitamins, minerals and phytochemicals; it is the rainbow, symphony and mosaic of these that leads to good health.



## Examples of Fructose Content in Fruits

<b>FRUIT</b>	<b>Serving Size</b>	<b>Grams of Fructose</b>
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Dates	1 medium	2.6
Cantaloupe	1/8 of med. melon	2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries sweet 10		3.8
Strawberries	1 cup	3.8
Cherries sour	1 cup	4.0
Grapefruit	1/2 medium	4.3
Boysenberries	1 cup	4.6
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange	1 medium	6.1
Papaya	1/2 medium	6.3
Honeydew	1/8 of med. melon	6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4

Apple	1 medium	9.5
Watermelon	1/16 med. melon	11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes	1 cup	12.4
Mango	1/2 medium	16.2
Figs, dried	1 cup	23.0

## Summary

We now know sugar is the main cause of obesity, abdominal obesity, and non-alcoholic fatty liver disease, type II diabetes, vascular disease, hypertension, autoimmune disease, a leading cause of cancer, autoimmune disease and the other chronic illnesses.

Glucose and fructose in excess are the main problem. They are both toxic, the evil twins and fructose being the main culprit. Fructose is recognized differently in the body because of its configuration, its molecules are arranged slightly different, but there is still the same amount of atoms in both. There are 6 carbon atoms, 12 hydrogen atoms and 6 oxygen atoms, which is why they have the same chemical formula ( $C_6H_{12}O_6$ ),

but they are arranged in different shapes - fructose is pentagon-shaped and glucose is hexagon-shaped.

The scientific literature clearly reveals now that fructose is largely metabolized in the liver, soaking up your ATP, causes insulin and leptin resistance and results in a lot of chronic illness.

You can see the importance of knowing the sugar, glucose, and fructose content of your foods; that is critical.

Don't get fooled by the term "oh it's natural sugar" like what I heard a mother say

at my grandson's tennis tournament yesterday. She was speaking about the little drinks in a plastic bag that the little kids just loved, I immediately responded by saying that must be the sugar in them, although I was not familiar with the drink. Sure enough, my three-year-old grandchild of mine had just drunk this little item and it had 11 grams of sugar. As usual someone had figured out the bliss point.

So it's glucose and fructose. If what you're drinking or eating is fructose, that doesn't mean it's low glucose. Both are evil and you need to know the content of both.

You can find out the fructose content of food and the back of the book of Dr. Richard Johnson called "Sugar Fix," a great read from which I quote liberally. Dr. Robert Lustig confirms most of the information in "Fat Chance."

You can learn about the sugar, glucose and fructose content of foods from the USDA website; they use nutrient analysis software created by research and food manufacturers.

I recommend you start with a 2 to 4 week period of detoxification from glucose and fructose. Meanwhile, educate yourself extensively about nutrition, especially the sugars. Just reading this book will give you a great start. Be sure to read the labels and know what they say. It'll get to be a habit

Exercise regularly if you can, even a half-hour walk daily is satisfactory. You can also dance in place and do some lightweights.

Also, learn about "sitting disease" also called NEAT, none exercise activity thermodynamics. You can watch my video on YouTube, using my last name that explains it in more detail. In essence you can burn a lot of calories by increasing your calorie burn in doing the routine activities in your life. For example if you can increase your calorie burn by 200 calories a day, through many different methods, you would have a 20-pound weight loss end of the year. It's about increasing your calorie burn in your "none exercise activities" which can result in a lot of weight loss over time and lead to good health.

We are a nation under sugar and need to be educated and informed to reduce our international epidemic of obesity and its unfortunate complications.

Remember sugar is as addictive and powerful as cocaine.

We need to reset our sugar thermostat, we need to detox.

Don't eat a sugary breakfast, pack it with good protein. Don't use sugar for quick fix. Learn about good snacks and have them available for your children also. No sugar drinks, no diet drinks, drink water with lemon.

Eat foods with flavoring, full of phytochemicals.

Enjoy and love your family. Learn about proper sleep and exercise as this can prevent a lot of disease. Don't treat your stress with America's favorite stress reliever, sugar.

Be sure you know the 50 or so names for other types of sugar, like corn syrup, corn starch, lactose, maltose, etc.

Wake up your taste buds, and lower your blood sugar with nutrient-dense foods.

By using spices you can crush a lot of cravings.

Lastly, you must pay attention every day to sugar consumption, glucose and fructose. Make a good breakfast. Stay ahead of "sugar creep" and be vigilant. Plan your treats to be mindful of what you're eating daily. Plan your day so you don't backslide.

Lastly develop habits they give you as much joy as "the sugar fix."

Good luck!

